



# the **CHITIMACHA** **NEWSLETTER**

*"SOVEREIGN NATION OF THE CHITIMACHA"*

*NOVEMBER 1995*

## **NEWS FROM THE CHAIRMAN'S OFFICE**

Dear Tribal Members:

As time moves on and we hope for things to get better, worse things seem to happen that delays better things. We sit here in limbo waiting for a final federal budget that we know will be reduced from last year. Harrah's Casino in New Orleans closed, filing for bankruptcy, and the President is trying to decide if we should go to Bosnia. On the budget issue, the tax on Indian Gaming was pulled out of the House appropriations bill which killed the tax issue, but it still has a chance to reappear if the President vetoes the budget or it could possibly come up again next year.

The failure of Harrah's in New Orleans has caused much concern with many

new state officials, including the governor, and it will be interesting to see how a new contract will be negotiated. I am hoping that the new governor, Mike Foster, a person whom I was employed by and had a good relationship with for four years, gives me the opportunity to make a couple of visits and discuss matters involving the state and the Tribe.

### **Holidays**

The Thanksgiving feast was enjoyed by many; door prizes were given away, Bingo was played, a great meal served and a portable color T.V. was won by Ms. Elizabeth Ogden.

With Christmas and New Years around the corner, let's be careful and enjoy those holidays with our families.

### **General Meeting**

A general meeting will be held on January 20th at 2 p.m. at the School gym. Total financial audits will be presented and the agenda will be published in the next *NEWSLETTER*.

### **Bereavements**

Several people have passed away in the last three weeks that were affiliated with the Tribe. Robert Twyman (a Casino pit boss from New York), and Mary Lynn Allelo (a Casino Comptroller from Patterson) passed away from short illnesses. Billie Tabor, husband of Marcie Tabor, kindergarten teacher at our school, died in an accident last week. Our condolences go out to these families as they grieve the loss of their loved ones.

***UNTIL NEXT MONTH!!!***

## Environmental Health

By: Lou Martin

Thanksgiving is the start of the holiday season. Hope everybody had a nice Thanksgiving.

Don't drink and drive. If you drink, have someone to drive for you. Watch out for other drivers that may be drinking.

Seat belt should be worn at all times. Be sure kids and infants are strapped in car seats.

### Holiday Safety Checklist

Decorate your tree using only U.L. Approved lights and cords. Use no more than three strings of lights per cord.

Turn off the tree lights when you go to bed or leave home.

Keep burning candles, matches and lighters out of children's reach.

Do not place candles near draperies or anything that easily catches fire.

### Christmas Trees

Look for a fresh tree if you choose a natural tree.

Keep tree in full container of water and check daily.

Keep the tree away from heat sources.

Make sure the tree is secured and will not topple over.

Trim the lower branches to

avoid eye injuries to small children.

Decorate your tree while keeping children's safety in mind.

Don't use breakable ornaments or ornaments with small detachable parts.

Dispose of tree quickly after the holidays.

Consider buying a fireresistant, artificial tree.

Keep poisonous plants out of reach. Some poisonous plants are Azalea, Boxwood, English and American Ivy, Christmas Cherry and Holly and Mistletoe berries.

Have a safe and happy holiday season and please buckle up every time you're in a vehicle.



MERRY CHRISTMAS

## Human Services

By: Mike Foresythe

Babysitting classes were held at the Chitimacha School Gym. The classes were given by the American Red Cross. Those that became certified were: Tasia Bernard, Jessica Deslatte, Natalie Vilcan and Eric Brown. Congratulations to these four for becoming certified and thanks to all that attended these classes.

### ANNOUNCEMENT

If you have previously received **theCHITIMACHA NEWSLETTER**, are no longer receiving it and would again like a monthly copy, you may want to call the Tribal Office at (318) 923-4973 and give your current address so that we may send you a copy. A **current address** is also very important in order to keep your file updated for a timely submittal of the **annual per capita payments**. The Phone number is the same for both.

**THANK YOU!!!**



**Just Call!!!**

# **From the Cultural and Historical Research and Development Department**

Greetings to the Chitimacha community from our department. Our formal name is now Cultural and Historical Research and Development. We've had this name since the early part of the summer. It clearly states our purpose.

These are our short term goals:

1) To research and compile historical/ culturally relevant information for community dissemination to increase awareness, knowledge and understanding with respect to the past, present and nurturing of seven (7) generations.

Information is steadily being collected and evaluated and is being organized to be housed as cultural and historical tribal archives. An archival/community research room has been established in our department's facility located at the Senior-Youth Center. This will not be formally introduced into well into next year.

Our research also includes archaeological information/findings. Did you know that Chitimacha ancestors can be traced as far back as 10,000 years B.C. (Before Christ according to the Roman calendar) exclusive to southern, southeastern and as far north as Natchez, Mississippi so far, according to western European scientific findings and recording methods. But, we as Indian people according to our many tribal beliefs, hold that we were all placed here by the Creator from the beginning of time. We know this based on our own Creation stories. Guess what? To date, our computer research file on Chitimacha stories and/or legends holds fifty-nine (59) references. Our research task and functions are mammoth. We endeavor to find answers to and fill in the cultural and historical gaps as well as speak to and correct misinterpretations and understandings. Our department has been entrusted to produce a historical document or book that will tell the history of the Chitimacha people and culture the way it would have been traditionally told which is different than the way western Europeans have told it in the past.

2.) To provide on-going support for the culturally educational relevant academic/ intellectual, physical, emotional and spiritual needs of pre-kindergarten through high school Chitimacha students which will further enhance self-esteem, community awareness, knowledge and understanding with respect to one's self, family and community.

Our biggest task is to help facilitate learning about culture in the classroom at the Chitimacha Tribal School. In other words, both education staff and our staff will work together to culture base the school setting on a daily basis. Not only will students receive what they are receiving now, but their curriculum will be enhanced by adding cultural learning activities to their existing curriculum. Our department will provide our support to help meet the cultural needs of the children by working with the school staff. There is a formal process on order to do this well and completely.

3.) To provide a culturally educational relevant community awareness program for youth



The following news items are meant to keep the Chitimacha people abreast of the Policies and Procedures that are currently being used by the Health Department. Some of these items are reprints from previous months.

### **Contract Medical Care New Dental Provider**

W.P. Karam, D.D.S. is once again providing dental care services to the Chitimacha tribal members. Dr. Karam is located at 500 Haifleigh St. in Franklin. Office phone number is (318) 828-5555. Neal Boudreaux, D.D.S. is located at 600 Haifleigh St. in Franklin also. The phone number there is 828-1517.

### **Appointments**

If you require transportation to medical appointments, please notify the Health Department of the appointment in advance. Appointments should be made no later than 3:00 p.m. for longer distances. No transportation will be available on Fridays, so, DO NOT schedule appointments for Fridays.

### **Personal Insurance**

Clients with personal insurance must keep the Health Department informed of changes in insurance coverage. Remember to bring your insurance explanation of benefits to the CMC office. We need a copy to determine the balance owed on your medical bills.

### **Medical Bills/Statements**

Some medical bills are not sent to the Health Department by the provider. They are billed directly to your residence. It is your responsibility to bring those bills to the Health Department. For example, when you have an x-ray done at the hospital, you will receive another bill for the radiology fees. You must bring those in as soon as you receive them.

### **Medicaid Clients**

The Health Department requires a copy of your Medicaid card each month. Bring in any correspondence you receive from the Office of Family Support concerning your Medicaid case. We need a copy of that also.

### **Notification**

You must notify the Health Department office of all visits to a physician, hospital, dentist or other provider. Report visits to the Health Department at 923-9955 between 7:30 a.m. and 5 p.m. on Monday thru Thursday and 7:30 a.m. thru 11:30 a.m. on Friday. Ask for Madeline or Mildred.

Non-Emergency Care: you are required to pick up a form at the Health Department to bring with you to the doctor, hospital or other.

### **Emergency Care**

If you have an emergency on the weekend or when the Health Department office is closed, you are required to notify the Health Department within 72 hours. Additional time is allowed if office is closed because of a holiday. In that case, you must call the earliest working day. Emergency visits must be reported to the Health Department office during regular working hours.



Health Information provided by the  
Chitimacha Health Department

## Cholesterol Facts

By: Peggy Gaddy

### *What is cholesterol?*

It's a waxy, fat-like substance found in all body cells.

### *Why is it needed?*

To digest food; make hormones and some vitamins; build cell walls, and perform other important functions.

### *How do I get it?*

- 1) Blood cholesterol is made in the liver.
- 2) Dietary cholesterol comes from the foods we eat. It's only found in foods from animals, such as meats, products, eggs and animal fats.

### *Why should I know about it?*

Because too much cholesterol in the blood can lead to: 1) atherosclerosis; 2) heart attack; 3) stroke.

### *What kinds of cholesterol are there?*

There are two main types:

Low-density lipoproteins (LDLs). These are deposited on artery walls, causing a waxy buildup called plaque (also called "bad cholesterol").

High density lipoproteins (HDLs). These are helpful in carrying excess cholesterol out of the body called "good cholesterol."

Triglycerides travel with cholesterol, too. They are fatty molecules formed in the liver and fat tissue. They may also play a part in hardening and blocking the arteries.

### *How is blood cholesterol measured?*

Less than 200: cholesterol level is okay.

Between 200-239: You are at moderate risk. Ask your health care provider for advice, especially if you have other risk factors, such as obesity, high blood pressure or a family history of heart disease or if you smoke.

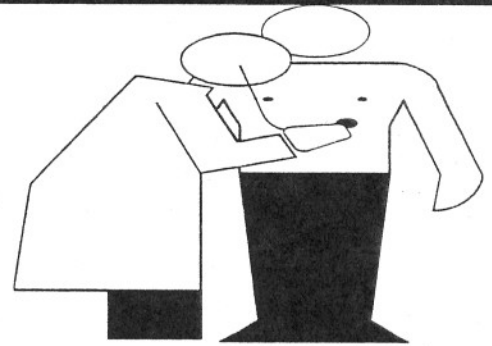
240 and over: you are at high risk of developing heart disease. Ask your health care provider what you can do to lower your risk.

### *How do I control my cholesterol?*

Controlling the types and amounts of fats in your diet is the first step.

Saturated fat: These fats raise cholesterol levels more than anything else in your diet. Avoid these whenever possible: fats from meats and poultry, palm kernel oil, coconut oil and fats from dairy products.

Hydrogenated fats: "Hydrogenating" turns polyunsaturated fats into saturated fats by making them more solid. Avoid hydrogenated fats. They are often in prepared foods, such as: baked goods, some cereals (check the label), non-dairy creamers, ice cream, and some vegetable shortenings.



# December 15 Turn Your Lights On

On December 15 let us **REFLECT** on the many deaths caused  
by impaired drivers and **REMEMBER** by turning on our headlights.  
On this day let us **REDEDICATE** ourselves to the cause  
of keeping impaired drivers off our roads.



Produced in cooperation with the National 3B Prevention Month Coalition.





(ages 19-24) and adults to further enhance one's self-esteem and sense of identity, knowledge and understanding with respect to the past, present and nurturing of seven generations.

From time to time community events will be scheduled as well as winter cultural night classes to be held at the Senior-Youth Center. Cultural events this winter will include an "Honoring Our Elders" Dance and Social, a Veterans Honor Dance, and Miss Chitimacha Nation Contest, a Dance Bustlemaking Workshop, and introducing this years Drum, Singing and Dancing Workshop Series, etc.

4.) To identify and repatriate Chitimacha items possessed or controlled by museums and federal agencies which includes human remains and associated funerary objects, disassociated funerary objects, sacred objects and items of cultural patrimony as identified by the Native American Graves Protection and Repatriation Act of 1990.

Through this act of Congress the Chitimacha Tribe as well as all other tribes here in the U.S. now have the legal wherewithal to control what belongs to them held by museums and federal agencies. The best is that tribes can get these items back. Repatriate means to return its Nation of birth or origin. So far, the Chitimacha Tribe has received 214 summaries and inventory listings from museums and federal agencies across the country. We are very actively involved in this process.

5.) To establish and maintain developmental and coordination of service linkages with other departments and/or appropriate enterprises and initiatives within the Chitimacha Tribe and Community served to further enhance which contribute to personal growth and development.

This goal speaks for itself.

We've just provided a preview of our goals and what they mean. Our work is very broad and we look forward to the work ahead. We love what we do.

**In Peace and Friendship.**

## NOTICE

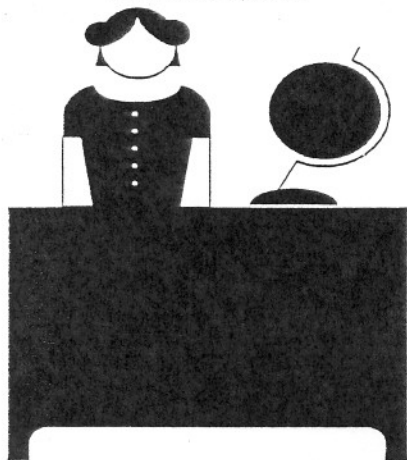
Everyone is invited to attend a demonstration on brain-tanning deerskin hides the traditional Indian way. The demonstration will be held at the Chitimacha Tribal School at 10:00 a.m. on Friday December 1, 1995. Please come by!!!

**NOTE:** *Mr. Nugent has been working with the C&HR&D Department in learning the Chitimacha way of tanning deerskins. Research has acquired an interview done with Mr. Abel Billot, a tribal member from Point-au-Chein in the southern part of Terrebonne Parish, which details how to brain-tan hides the traditional way.*

## ATTENTION!!!

Adult cultural classes will begin on Monday, December 11, 1995 and will be held every Monday thereafter (except on Holidays) between 7 - 9 p.m. at the Cultural & Historical Research & Development Department in the Senior/Youth Center. Scheduled activities, i.e. beadwork and Chitimacha history are slated.

## School News



### 4-H Club News:

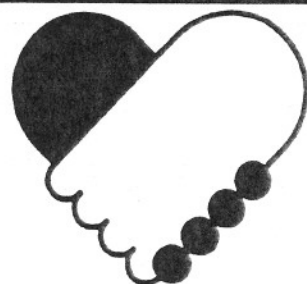
**By: Steve Nugent &  
the 4-H Members**

Greetings once again from the Chitimacha 4-H Club! The "Clean Team" has been doing a fine job of keeping the school campus clean and free of trash. We have been collecting trash once each month, but are giving some thought to twice each month. We are very proud of the efforts by all of the members in this respect. The club has been on a "tree sale" for the last month. We are offering a variety of seedlings from the State Forestry Division out of Baton Rouge. The trees are between 12 and 24" in height, and will be shipped bare root. This year's selection: **Virginia Pine** (a type of fast growing Christmas tree), **Bald Cypress**, **Live Oak**, **Cottonwood** cuttings (the same type of tree that one of the Chitimacha drums is

made from!), **River Birch** (a white bark tree, fast growing), and **Green Ash** (a very popular shade tree, also fast growing). Each tree is only **50 cents each**, and the club members will package them into individual orders and deliver them upon their arrival at the school. We will notify those who we are unable to contact by phone, and keep the trees cool and in storage at the school. The trees should be planted immediately upon receipt, and we are looking for their delivery in January - prime time to plant! This is our way of replenishing our community's trees lost by Hurricane Andrew. The club is planning to plant several trees around the new Tribal buildings on the reservation. Hopefully we will have great success in their survival. The trees we planted around the school campus last year are doing great, and we will try our best to insure that this year's trees will do the same.

We have several of the members planning to show animals in the St. Mary Parish 4-H Livestock Show in January. Some of the swine entries will be made by Tasia Bernard and Jonathan Marcotte. Special thanks go to Mr. Joey Bernard for all of the help he has provided for these students, and for his tremendous generosity in

allowing the hogs to be kept at his home. We also wish past member Dwayne Darden luck in his swine showing. Lacey Fontenot, Joline Dwyer, Jenesse Dwyer, and Nicholas Persilver are all planning to show rabbits in the fair. We wish luck to past member Jessica Deslatte in her rabbit entry. Hopefully we can all make a good showing for the Chitimacha community at the fair. All members and their families are reminded that each is responsible for one entry in the fair. This could be various cookery items, crafts, photography, plants and vegetables, beadwork, and several other similar type categories are to choose from. Each member has a list of these from the last meeting, so start working and planning for success in the show! That's about it for now, we hope everyone had a great Thanksgiving and has been enjoying the cooler days. We'll be filling everyone in on the club's activities. A field trip and syrup making are presently in the works! Have a great day!!!





# KEYS TO KEEPING YOUR FAMILY AND FRIENDS ALIVE

## FACT SHEET

### Learn How to Separate the Myths from the Facts

Misconceptions about alcohol and its effects on safe driving are widespread. Knowing the truth may mean the difference between life and death this holiday season and throughout the year.

**Myth:** "Alcohol is a stimulant."

**Fact:** Alcohol is a depressant. It acts on the central nervous system like an anesthetic to lower or depress the activity of your brain.

**Myth:** "Drinking coffee sobers me up."

**Fact:** Coffee cannot rid your system of alcohol. It just makes you a nervous, wide-awake drunk. Only time reverses impairment.

**Myth:** "I always stay away from the hardstuff."

**Fact:** Alcohol is alcohol. Beer has the same effect as straight scotch. One 12-ounce beer has as much alcohol as a 1.5 ounce shot of whiskey or a 5-ounce glass of wine.

**Myth:** "I'm bigger so I can handle my liquor better."

**Fact:** Size is only one factor in how much you can drink. Metabolism, amount of rest, and food intake all play a part in how you handle liquor. Impairment in motor reflexes and judgment can begin with the first drink.

**Myth:** "Once I roll down the car window, I'm okay."

**Fact:** No amount of fresh, cold air can reverse impairment. You gain nothing by rolling down a window or turning on the air conditioner.

**Myth:** "I'll just drive slower."

**Fact:** Many people do, believing they actually compensate for being impaired by creeping along at 22 mph. This can be very dangerous. Others race along at 75 mph. This truth is, impaired drivers are unsafe at any speed.

**Myth:** "All I have to do is splash cold water on my face."

**Fact:** Splash all you like. You can even take a cold shower. It may make you cleaner, but it won't sober you up or make you a safe driver.

**Myth:** "A drink or two makes me a better driver."

**Fact:** Even small amounts of alcohol can impair your judgment and put you and others on the road at risk of death or disabling injury.

### Put These Key Behaviors into Practice

- Never serve alcoholic beverages to anyone under 21.
- If you drink, plan ahead and designate a non-drinking driver.
- Be a responsible party host:
  - Serve non-alcoholic beverages.
  - Serve high-protein food.
  - Control the amount of alcoholic beverages served - no open bars.
  - Ask alcohol-impaired guests to stay overnight or call a cab to assure them a safe ride home.
  - Take away the keys of an impaired guest.
- Report suspected impaired drivers to your state or local police by dialing 9-1-1. Be sure to get the license plate number and description of the vehicle. Be a positive role model for youth.
- Ask your Governor and state legislators to support tougher laws, such as administrative license revocation, .08 blood alcohol concentration (BAC) for adult drivers, and zero tolerance laws for drivers under 21. If your state already has these laws in place, encourage elected officials to consider tougher penalties for those found guilty of DWI.

## **News from the Chitimacha P.D.**

**By: Ellen Hebert**

Congratulations to Dispatcher Rosie Bobbitt on her recent marriage to Mr. Steve Bertrand. Rosie and Steve were married on Saturday, October 28, 1995, and everyone at the department wishes them all the best and many happy years together.

To date, for the month of November, the officers have issued ten traffic citations and no arrests have been logged.

We would like to thank all the residents on the reservation that have responded to the information sheet from October's newsletter. Some very favorable comments were made about the department and its personnel and some very good suggestions and ideas were also made on things that we could improve on to better serve the community. There are still a lot of residents that have not yet turned in their information sheet, and we would like to urge everyone to please do so as soon as possible. Having this information could greatly assist us and other emergency personnel in better assisting you, should the need arise. We are also very interested in hearing your ideas and

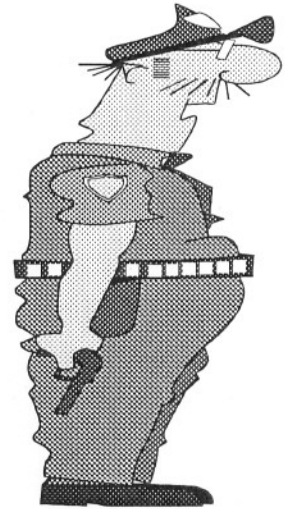
suggestions. If you have misplaced your sheet, come by the department and pick up an extra one.

A great big "Thank You" to the members of the Chitimacha Junior Police, especially Darrell and Todd Toups, who have been coming by and taking down the flag in the evening, and even taking the time to fold it the correct way that Officer Steve instructed them to. Keep up the good work!

With the holidays coming up, the U.S. Department of Transportation and National Highway Traffic Safety Administration has declared December as National Drunk and Drugged Driving Prevention Month. On Friday, December 15, 1995, there will be a nationwide "Lights On For Life" campaign. Law enforcement, businesses, government agencies and private citizens nationwide will keep vehicle headlights on as they drive during the day on Friday, December 15, 1995. "Lights On For Life" is held as a remembrance of persons killed and injured in alcohol-related crashes and it is also a symbolic observance that sends a positive message and reminds the public that during the holidays, law enforcement will be cracking down on those who choose to place innocent people's lives in danger.

We at the police department

would like everyone to enjoy the upcoming holidays but encourage everyone to be careful and remain safe on the roadways. If you plan to drink, think ahead and designate a non-drinking driver.



**REMEMBER!!!  
OFFICERS  
EMPHASIZE THAT  
THE DESIGNATED  
DRIVER IS NOT THE  
LEAST INTOXICATED  
PERSON IN THE  
GROUP...IT'S THE  
SOBER PERSON IN  
THE GROUP.**

**HAVE A SAFE AND  
HAPPY HOLIDAY  
SEASON!**



## COMMUNITY BULLETIN BOARD

*(Each month, space will be made available on this page for any Tribal Member having a classified ad that they want placed. Please contact Debbie @ 923-4973 during regular business hours if you would like to place an ad.)*

**TRIBAL ADMINISTRATIVE OFFICES WILL BE CLOSED  
ON DEC. 25, 1995 & JAN. 1, 1996  
IN OBSERVANCE OF THE HOLIDAYS**

### NOTICE!!!

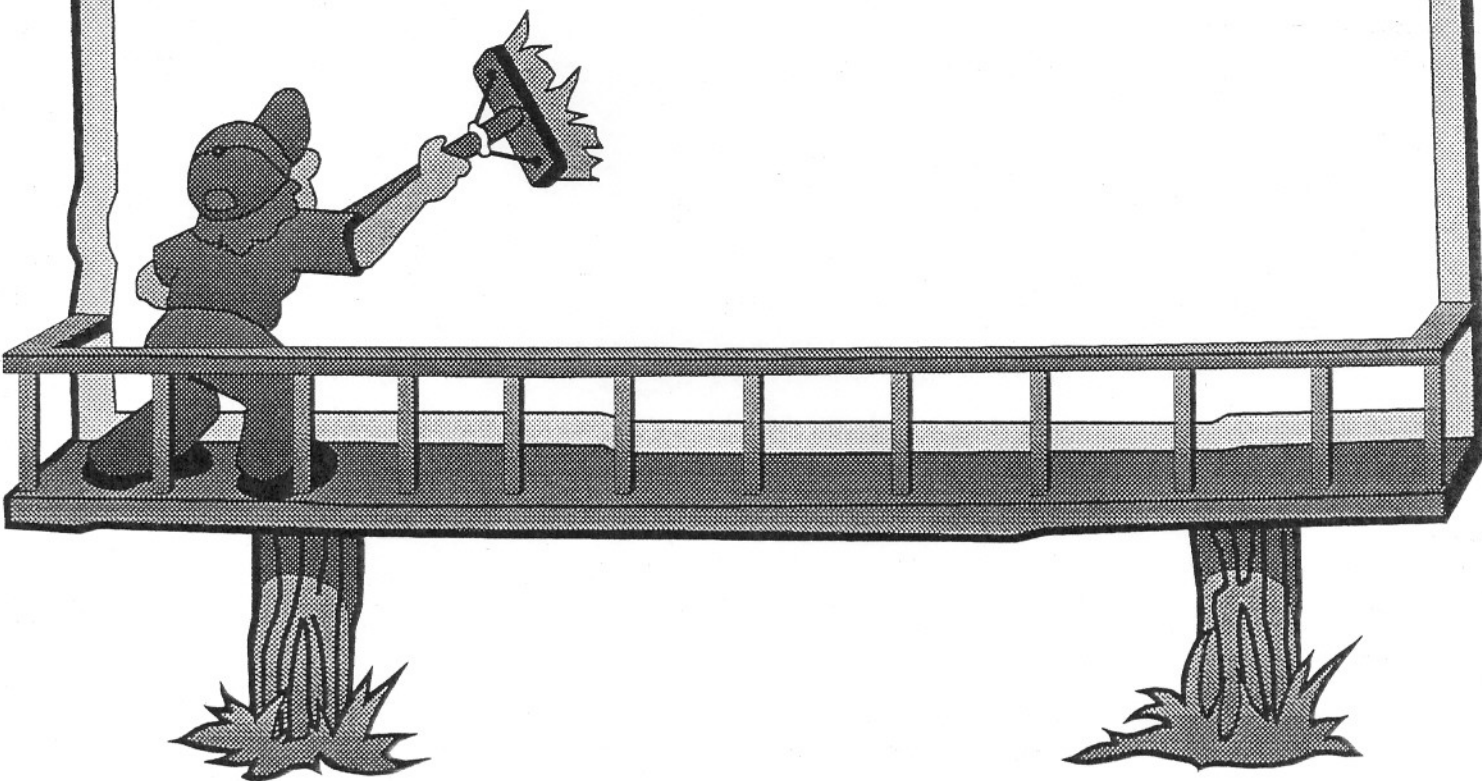
#### FANCY AND TRADITIONAL DANCE PROGRAM

Every Monday from 4 - 5:30 p.m. @ Chitimacha Tribal School Gym

Guest Singers & Dancers to instruct.

Little Hawk Drum & Singers and Coughatta dancers will instruct bi-weekly.

**EVERYONE WELCOME!!!**





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**Chitimacha Tribe of Louisiana**  
**P.O. Box 661**  
**Charenton, LA 70523**

PLACE LABEL HERE